

EDAMAME HUMMUS

TOTAL: 20 Minutes | PREP: 20 Minutes | SERVINGS: 4 | LEVEL: Easy

INGREDIENTS

HUMMUS

- 4 Cups Edamame beans, blanched
- 1 Cup water
- 1 Tablespoons lemon zest
- 3 Tablespoon lemon juice
- 1 Tablespoon garlic, smashed
- 1 Tablespoon salt
- 1 Teaspoon cumin
- 1 Cup EVOO
- 1 Tablespoon pepper

SIDES

- 2 Carrots, julienned
- 2 Cucumbers, julienned
- 6 Celery stalks, julienned
- 2 Cups cherry tomatoes

DIRECTIONS

- Blanch beans in boiling water for 10 seconds
- Soak in ice water immediately after removing from boiling water
- In a food processor, puree the blanched beans, water, lemon juice, lemon zest, garlic, salt, cumin until a coarse paste
- Slowly drizzle in olive oil until emulsified
- Serve with fresh carrot, cucumber, celery & cherry tomatoes